

QC

READ MY BOOK:

Intent to Kill takes readers on an action-filled journey **R.2**

ON THE SCENE:

At summer's hottest ticket for local food and fun **R.5**

MUSIC:

Whiteboy Slim keeps the blues fires burning **R.20**

PIANO MAN

JEFFERY STRAKER GAMBLER
ON A MUSIC CAREER
AND WON P. 7



FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

RYSHIA KENNIE

Intent to Kill takes readers on an action-filled journey

I'll never forget standing on the edge of Cambodia's killing fields. It's a haunting place where evil is etched on a barbed wire. The field is pecked by cross graves labelled only by sex and sometimes age. Just beyond the barbed wire, chickens stand in a river paddling on they search a lonely happy new life. What appears before me now or happened.

Cambodia April 1975. The Indo-chinese war ends and the Khmer Rouge take power. Soon, millions escape the countryside as the Khmer Rouge force the population to exist in a communist society dependent on a primitive agrarian lifestyle. These considered a threat to the regime, government officials, intellectuals, teachers, law enforcement, these women, these men, the last

in (and) are pulled, tortured, killed; most were those excluded from the killing are killed for various reasons.



Ryshia Kennie

Some say as many as two million people died. It doesn't end until 1979.

What had become of those that perished? This book, those that lived and had not stood

trial? And with that thought, the beginnings of a story, the romance suspense, Intent to Kill was born.

A ruthless band of smugglers will

stop at nothing to strip Cambodia of its greatest wealth even if it means using and killing people. Journalist Claire Kinsman knows she's on to the story of a lifetime. But for Claire, it's personal too, long before her "Uncle Jack" came to the U.S., he was held captive in the nightmare killing fields of Cambodia. Claire senses there might be a connection between that long ago bloody history and the dark crimes plaguing the country today.

Ross Trent is a hard-boiled Interpol agent who disappeared after his last case turned fatal. But with the resurgence in smuggling and all signs pointing to the man who once merged his group, he comes out of hiding to finish the job that's haunted him for

years. What he doesn't see coming is Claire, the beautiful and headstrong reporter who may be a threat to his case — and to his heart.

As Claire and Simon reluctantly join forces to unravel a mystery that reaches deep into her family history and may be his only chance at redemption, they won't fight to stay one step ahead of a brutal killer — and one step away from the dangerous forbidding building between them.

Intent to Kill is an e-book available at all major online bookstores. For more information on Intent to Kill or any other books, go to www.ryshiakennie.com.

It is also part of a box set with some of the hottest authors in romantic suspense.



BUILD SOMETHING GREAT!

Order a
LeaderPost
All Access Subscription
and get a
\$25 RONA GIFT CARD

All Access Subscription includes:

- ✓ 6-day print home delivery
- ✓ Unlimited access to leaderpost.com
- ✓ LeaderPost tablet and smartphone apps
- ✓ ePaper including smartphone and tablet apps

To subscribe call 306-781-5212 QUOTE RONA



ONLY
\$26/mo.
4 months minimum

LEADERPOST



ALEX AND ANI
(H) ENERGY

éLAN
by WP

258 University Park Drive

*Offer available to new subscribers who have not received delivery for 30 days. Payment must be made with a credit card. Delivery is subject to the terms and conditions of the subscription. For more information, please visit leaderpost.com. Please allow 4-6 weeks for delivery of the gift card. If you receive, before your invoice, please do not attempt to use before the gift card. Offer expires December 31, 2014.

NEWS & ADVERTISING: 306-781-5212 • WWW.LEADERPOST.COM

INDEX

ON THE COVER P. 7



Intensely involved Jeffrey Stokolen playing piano at the age of six. PHOTO BY DON HEALY

TABLE OF CONTENTS

READ MY BOOK — 2

Insert to Kill takes readers on an action-filled journey

IN THE CITY — 4

A moment in time: Photographer Michael Bell defines the week

ON THE SCENE — 8

At Market Under the Stars: summer's hottest ticket to local food and fun

ON THE COVER — 7

Residuals: Jeffrey Stokolen is building an international reputation

SHARP EATS — 12

Awaken your taste buds with African cuisine

EVENTS — 16

What you need to know to plan your week

CROSSWORDS/PUZZLE — 16

MUSH — 30

Whitboy Slim keeps the blues fire burning

OUTSIDE THE LINES — 32

Artist Stephanie McKean's weekly colouring creation for kids of all ages

WINE WORLD — 33

Serve Veronique at your next dinner party — It's a people pleaser

ON THE SCENE P. 5



Market Under the Stars is a chance to buy from Rhyme Farmers' Market vendors and enjoy food and liquor tastings, with live entertainment and games on the deck. PHOTO BY DON HEALY

QC COVER PHOTO BY DON HEALY

QC is published by the Leader-Post — a division of Postmedia Network Inc. — at 1944 Park St. Regina, Sask. S4N 3G4.

Rob McLaughlin is editor in chief; Heather Pearson managing editor; Jane Shero associate editor.

For advertising inquiries contact 381-5521; editorial 1-855-688-6557; home delivery 381-5272.

Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

The contents of this publication are protected by copyright and may be used only for personal non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright. For more information, contact the editor at 1-855-688-6557.

IN THE CITY

JULY 19, 2014 — 12:05 P.M.

Island groove



Young dancers perform during a parade held during the eight-annual Canoe Race in Victoria Centre. The parade was followed by a festival of food, dancing and live music. GC PHOTO BY MICHELLE BEE.

ON THE SCENE

MARKET UNDER THE STARS

This summer's second Market Under the Stars was held July 16 in City Square Plaza in downtown Regina. The night market gives people an opportunity to buy local from Regina Farmers Market vendors, participate in food, wine and liquor tastings, join a yoga party with Bodhi Tree Yoga and cheer on local celebrities competing in eating contests. Participants buy tasting cards for \$20, which entitles them to ask tasting portions. Daily tickets are \$5.

Night markets will also be held from 4 to 8 p.m. on July 30, Aug. 3 and Aug. 27. The events coincide with Cinema Under the Stars, held in Victoria Park.

1. Chris Torjusz with Salt Food Boutique's spicy nicoise-montadella hot dogs
2. Marni Woodliff and her son Walter Hobb on Woodliff
3. Melye Fragstad, centre, with her kids Mena and Davis
4. Robi Folk, with the Regina Costume League, poses as Darth Maul
5. Rose Fahley from Fahley Farms with some of her fresh produce
6. Harry Shaw displays seasonal cherries from Kim's BC Fruit



ON THE SCENE

7. Ronde Maikiewicz left, a Holistic Health practitioner with client before City



8. John Flawich left and Rebecca Hay with the Saskatchewan Science Centre's Dinosaurium poster



9. Mita Vukobrat and her husband Dean Vukobrat



HILL OPTICAL

BEST PRICES IN SASK.

CLEARANCE SALE

3011 Dewdney Ave 306-525-2020

UP TO 70% OFF
ALL IN STOCK FRAMES

**Freeform Digital
Progressive Lenses**

ONLY
\$199⁰⁰

Regular BiFocals \$68⁰⁰
Single Vision \$48⁰⁰

All above prices with purchase of frames

ALSO = HUGE DISCOUNTS ON
ALL SAFETY EYEWEAR

ON THE COVER

We're all on a path; no one knows where it's going to end. — Jeffery Straker

SINGER-SONGWRITER

Straker is building an international reputation



Jeffery Straker is a Regina-based singer-songwriter who has played piano since age six. He grew up on a farm in Purdyville, which he says taught him the value of hard work. go.herald.com/PC/ONLINE

By Ashley Martin

Jeffery Straker was working in marketing in Toronto — not unhappy with his job, but not thrilled by it either — when he accompanied his grandma Jean and mom Bev to visit his grandma's library.

Many lived in a care home; she

was in the advanced stages of Alzheimer's and had no idea who they were.

That moment changed Straker's life.

"We're all on a path, no one knows where it's going to end," said Straker on "That could be my fate."

"No I was like, if it is, why wouldn't

I enjoy every single moment as the way to wherever it is that I'm going?"

I think everyone sort of is probably given that message at some point in their life, but you either work it up as you don't. And something about that day, I totally got it, it defined me."

He got on the phone, quit his job, and gave himself a year to see if jour-

naismy passion — music — would work out as a career.

It did.

In 2006 he released *Songs From Highway 18*, a 30-track album encompassing songs about his hometown of Purdyville, population 377, which is 126 kilometres north of Regina.

He has since released three al-

bums the latest of which, *Vagabond*, was twice featured nationally.

In February Straker was the international Visa del Mar competitor in Chile, taking new fans worldwide.

It may be safe to say his gamble paid off.

go.herald.com/PC/ONLINE

As a storyteller, Jeff explores a lot. I think some of the new stuff he's writing is a lot more personal. There's an empathy and an expression there that only comes out of Jeff when he writes songs. — Brodie Mohninger



Winner of the Viny del Mar International Song Festival competition, Canadian singer Jeffery Straker performs on stage in 2014. JP 2014 AP/6270

Of course, that's not without sacrifices.

"Being a touring musician, there's a lot of things you give up," said Straker. "I feel like a bad friend sometimes. People will text me and say 'Hey we're going out for a drink at Bushy's tonight' and I'm like 'Oh, I'm in P.E.I. sorry'."

But more than that, there's the workload. Straker estimates he works 70 hours a week.

He doesn't consider himself a workaholic, and he's never been afraid of hard work, which he says comes from growing up as a farm.

"A farm doesn't function unless you work your butt off," said Straker. "I'm a believer in hard work and I think it comes from a genuine upbringing."

And he's had to work that much harder since April, when his house was broken into.

The laptop which contained lyrics and recordings of all his in-progress songs was swiped — along with the two backup drives that secured the material.

Straker didn't remember many of the songs,

which meant writing even more new songs for his next album, which he began recording in two weeks.

He didn't dwell on the loss. "You roll with the punches. And as one likes a mope, I'm just kind of moved on."

♦ ♦ ♦ ♦

With a gig-based career, Straker travels a lot. He lives in Regina about 50 per cent of the time, which allows him easy access to genre and word-music concerts.

"My tour schedule kind of drives my migration. I am a timely goose, but I'm not going north and south. I'm going east and west."

For the east-coast gigs he maintains a home in Toronto, sharing the main floor of a house with two other musician friends. With no real income in 10 years, a month's rent is cheaper than two nights in a hotel.

When he's in Regina, Straker frequents Woodson Park (as the real genre-dad likes an oral romance which has contributed to his songwriting in the past year-plus-in-a-half).

AFGHAN GULSHIN FAMILY RESTAURANT

Lunch Buffet Mon - Sat 14.99
Evening Buffet 18.99

Open till 10pm (for people who are fasting)
 Thursday, Friday & Saturday
 Seniors Discount • Menu Always Available

Come. See why we are considered one of Regina's best ethnic restaurants

832 Albert Street 949-0000 www.afghangulshin.ca • Take Out & Delivery • Catering

CLEAR VIEW WINDOWS AND DOORS

Call for your free in-home consultation or visit our showroom

As represented by **Kohler-tech** — Design Center —

628 Henderson Dr., Regina (306) 543-9200

www.clearviewregina.com

FREE UPGRADE

UPGRADE TO OUR MOST ENERGY EFFICIENT WINDOW

Upgrade to from Supreme Series with Clear View to SUPREME SERIES with TRIPLE GLASS WITH 2 LGE COATINGS and 2 AIRSPACES WITH ARGON

Order must be placed by August 31st. Not valid when combined with any other promotion.

48th Year!

The longest running dramatic theatrical production in North America.

The Trial of Louis Riel

Shumilatcher Theatre
 Mackenzie Art Gallery
 7:30p.m.

July 16, 17, 18, 23, 24, 25,
 30, 31, & August 1

www.rielcoproductions.com

Tickets available at the door, through PayPal, or by calling 1-306-728-5725

If you can create a set of words that people can nod their head to and connect to, there's something really beautiful about that. — Straker



Jeffrey Straker spends 75 hours a week on his music. When his lap top and two back-up drives were stolen from his home in April, he didn't dwell on the loss. No one else's report "go wrong in our world."

"I get a stream of ideas when I'm in motion and I don't know why," said Straker. "When I'm running, somehow my head clears, I become almost unconscious and ideas just start flowing into it. I feel like an insane person."

His records suggest a lot of lyrics are melody into his brain, so when he sits down to write, he's got a long list of ideas to work with.

Like a muscle, with work, his songwriting gets stronger.

He is a co-writer on a forthcoming album, which is being recorded in Toronto and Regina over two weeks in August. The new record is being produced by Dean Desautels, who has worked with the likes of Hootie & the Blowfish, Sarah McLachlan and Sarah Harmer.

Straker feels the new content is a step change.

"I think themselves if the songs are just kind of coming from a different place."

Brodie McInnes agrees. The Moose Jaw-based guitarist has worked with Straker for two years.

As a songwriter, Jeff explores a lot. I think some of the new stuff he's writing is a lot more personal," said McInnes. "There's an energy and an expression there that only comes out of Jeff when he writes songs."

In live recordings since Highway 35, "My writing muscles have been flexed stronger," said Straker.

It's clicking up these hours and the time spent fixing the machine to get them working. And part of it, I think with writing, is saying what you want to say in a new way and saying it with fewer words."

He's done that with his latest songs.

Where previous songs were story-based, Straker is opening himself more with this new batch.

"I feel pretty naked about a lot of the songs," he said. "It feels right."

In fact, let's confess," he added, laughing. In all seriousness, "You just have to be honest. You have to just say what's in you. Because if you're saying something that isn't in you, then why are you doing it?"

♦ ♦ ♦ ♦

Straker has played guitar since he was six years old, but pursuing music wasn't always his career goal.

He studied biology at the University of Sask

atchewan with the goal of becoming a scientist.

"I think I was the first person in my family to get a degree and I was the first person to not use it," said Straker, who briefly worked in a lab at the U of S and "hated it."

"But I'm glad I did, because you don't know if you try," he added.

Music has always been his passion.

He grew up in a musical family. When they played piano, Ed Glen played bass. His grand

parents all played one instrument or another. Their musicality might be genetic. The Strakers recently discovered distant relatives who live in Barbados and are also musicians; their ancestors had from the same part of England as the PanAm City Strakers did.

Continued on Page 10

I was this young guy really enjoying taking piano lessons, and all the other guys were really enjoying playing hockey and baseball — Straker

In any case, among his siblings Jeff and Jason, "I was really the only one who liked to practice," said Straker.

As their school had no arts program, the kids were allowed to leave class and walk across the street for a half-hour piano lesson with Vicky Young of the low cost of \$5.

Straker still holds Young in high esteem.

"She challenged me to just the right way first I wanted to practice," said Straker. "I wanted to impress her."

Young, who enjoyed teaching the prodigy, called him a "most excellent student."

"He came with his lessons memorized," she said.

By the time he reached Grade 10, Straker was practicing piano five hours a day. He'd travel to Regina weekly for a three-hour lesson at the University of Regina Conservatory of Music, where he fell in love with Steinbrenner pianos. He recently acquired one of his own from Kijiji.

"I was this young guy really enjoying taking piano lessons, and all the other guys were really enjoying playing hockey and baseball," said Straker.

Piano was always his thing, though he did pick up the fiddle after living in Northern Ireland during his third year of university. "I think if you're true to it," said Straker, "muscle picks you, you don't pick music, really. It feels and sounds like far me right now."

"It's like a second skin to me."

Straker's favourite part about playing shows is seeing people one-on-one.

"If you can create a set of words that people can and their head to and connect to there's something really beautiful about that."

He likes that some of his songs become the soundtrack to people's lives. One song in particular that resonates with fans is called "Wonderful Mrs. Bell." It's about an East Indian woman who lived in Pinxty and was generally mistreated among immigrants.

"She was this really unique in-



Musician Jeffrey Straker poses with villagers during a tour of Ghana where he staged concerts and workshops across the country. PHOTO COURTESY JEFFREY STRAKER

dividual in a small town, so on one level it's about Mrs. Bell," he said. "It's also about anybody else who feels different," said Straker.

"So many people will come up to me after a show and say 'Mrs. Bell.' Mrs. women, something like that resonates with them about being different, recognizing your difference, whatever it may be."

It's not only those verbal exchanges with listeners that matter to Straker. In every concert, there's an exchange of energy that can make a show good, bad or mediocre.

"There's energy flowing off the stage, there's energy flowing onto the stage and I'm not sure what the chicken or the egg is because peo-

ple buy a ticket and come to see the show but you're there because they want to see you, so you're swapping that energy," said Straker. "It's a symbiotic relationship and you're kind of on this date. The audience really affects things."

Straker is a good storyteller and a Mohazinger, and not only in song.

"The songs are more of an aside part of Jeff, they're not necessarily all humorous like his story-telling between songs is."

Master-who, "I never feel like, 'Oh, I've heard this before.' There's a quality each time he tells it is why that suggests to me that as his mind's eye he's reliving that event and different details appear — and

I think as an audience member that's what keeps showing coming back to hear the same stories," said Mohazinger.

After touring with him for two years, you see these people in the audience. I know these people have heard these stories but they're just as entertained as they ever were and that to me is a real connection."

Chile: In February presented a whole new experience, audience-wise.

Halfway, you get out of North America and there's just that off or placed of music absorption out there," said Straker who performed before 30,000 people during the competition, which was televised to 180

million viewers each night. "When after the first time I performed, this guy stopped me on the street and he said, 'Do you know you're trending on Twitter?'"

Straker has acquired a new fan base, he's getting reads from people in Spain and Portugal asking him when he'll be there to perform. He's returning to Chile in November to do a tour there.

As a songwriter, Straker works about a lot of the time. There is no weekly band practice. He hires musicians to accompany him as needed.

You just have to be honest; you have to just say what's in you. Because if you're saying something that isn't in you, then why are you doing it? — Straker

SOMOS ON THE RUN

When Straker is running through Western Park, here are a few of the artists that pump him out:

Danny Michael
Bullwinn
Sam Phillips
Billy Joel
Lined Orsola
Joel Pliskett

Mo Kenney
Conrad de Pinte
Duke Special
Jovan Grant
Ray LaMontagne
Joel Mitchell



Jeffrey Straker playing and singing at the Blues and Friends Golf Reception at Casino Regina on July 19. © PHOTO BY BRYAN SCHROEDER

"Blending the salsa vibes, blending the rock, the funk right and day and I coach prefer being tag team." From a business perspective: "It just makes it more feasible to do music full time because at the end of the day there's a power bill to be paid."

This go-to guy is a guitar player, project in Malabar.

In the studio, Straker's sound is big. Some tracks have 12 instruments including horns and strings.

"It's very dense," said Mulharg. Together, they merchandise Straker's music to serve as a duo and have no ever since they met during a singalong's circle at the Creative City Centre in Regina two years ago.

"I'm kind of like, may be, I'm like, Who the hell is this guy?" he said. The show was done, the hell of like that weekend occurred

where it was almost asking him out on a date, and I said, So, do you play with other people?" Straker recalled laughing. "He said, 'Yeah, I do.'"

"He called me up and we got together and just jammed on my little apartment sound, passed him in the house," said Mulharg. "I was a little nervous because he is a little bit into a pretty well-known cancer and... you get the opportunity to be really excited. But he was so engaging and so nice about it. I was kind of like, 'Where's the catch?'"

"Do you have any other gigs for making money or what?" that there's never been anything like that. It's always been a really positive, a really great working relationship and really easy to just sit into his house and a real joy to be on the road with."

www.officialjeffreystraker.com
Twitter.com/JeffreyStraker

Diagnosed with Cancer?

Oncology is changing both its science and its treatments



Opening an extraordinary era of opportunities for cancer patients

Who Should Attend?

- Any person diagnosed with Cancer (any stage)
- Anyone undergoing conventional or unconventional treatment
- Relatives or friends of the above

Wednesday 30th July 2014

6:00 – 8:00 PM

Radisson Hotel
2125 Victoria Ave.
Regina, SK

Reception of participants starts at 6:00 PM. The conference will officially start at 6:30 PM.

What Would You Learn?

1 Oncology's Little Known Facts That Outrage for Change

Much of metastatic and recurrent cancers are never fully diagnosed widespread use of conventional and alternative treatments. Cancer is the leading cause of death in Canada.

Cancer will become the leading cause of death in the world by 2030.

Up to 80% of patients under chemotherapy for metastatic cancer at Dana-Farber Cancer Center, Harvard University, erroneously believe their treatment can cure them.

2 The New Science of Alternative Oncology and Therapy: A Novel and Non-Toxic and Effective New Approach to Cancer Treatment

In 2012, Dr. Frank Arguello published a new book titled "Metastatic, Recurrent and Advanced Cancer: A Novel and Non-Toxic and Effective New Approach to Cancer Treatment" (Amazon.com) explaining a new and mostly unknown of the true nature of cancer cells.

Using effective combination of FDA-approved drugs and vitamins, Dr. Arguello has successfully achieved the complete regression of a variety of cancers.

3 Why is it Likely to Benefit from This New Treatment and How to Receive It? Receive a FREE appointment to meet with Dr. Arguello during July 31st - August 1st by sending an email to info@stanfordcancertherapy.com. He will gladly give you a free consultation. (limited spots available)



Frank Arguello, MD.

Former Assistant Professor of Oncology and Pediatrics, Massachusetts General Hospital, Harvard Medical School, Boston, MA, USA.

Former Senior Scientist, Division of Cancer Treatment & Diagnosis, National Institutes of Health, Bethesda, Maryland, USA.

REGISTER NOW

To secure a place at the conference, please complete the [REGISTRATION FORM](http://www.stanfordcancertherapy.com) found at:

www.stanfordcancertherapy.com

or fax the form to: 1-800-451-4511 or send it as an email to:

info@stanfordcancertherapy.com

The conference is completely FREE OF CHARGE and open to the public. Seats are limited to 120 participants.

SHARP EATS

SASKATCHEWAN FOOD SCENE

African cuisine familiar, yet unexpected

By Jenn Sharp

Try a taste of Africa for your next dinner. It's familiar enough to please the customer but has enough elements of the unknown to keep food as happy as.

African cuisine is not far off from the most anti-carbohydrate staples generic people know best: Cassava, yams and rice are ever present, as are beef, goat and chicken. Root vegetables and collards appear regularly as do lentils and a range of spices (garlic and ginger figure prominently) which make it all complex enough to convince you this isn't just like grandma's pot roast.

In Regina, Selma Ethiopian does a great little lunch buffet featuring a range of the family-owned eatery's most popular dishes. Think spiced stew, rabbit stew, are served up with injera, a flat sourdough bread made from whole grains. The stew and other dishes are typically served on a piece of injera, which also acts as a spoon for scooping food.

Chicken tikka are my favourite, called meat marinated with onions, leeks, jalapenos peppers and finished with sauce in spicy sauce. The koofta, spiced green beans, carrots and onions, and easier alacha, split lentils in a green, garlicky, onion curry is also worth a try. If you go for dinner, split a traditional injera platter with a friend and be sure to stay for the coffee ceremony. Selma's coffee is made from organic Ethiopian Yirgacheffe beans.

Selma's African Cuisine is a little rite of many Saskatchewan for the warm hospitality and hearty meals I visited Selma's booth at Taste of Saskatchewan and was underwhelmed by the quality and portions.

You also had the chance to eat in the restaurant and are happy to report the rumours are true. It is an excellent place to try African food and if it's your first time, they're happy to walk you through the menu. Be-



Regina's Selma Ethiopian is a family-owned restaurant that serves spiced stews called injera, along with a variety of other authentic dishes. QC PHOTO BY JENN SHARP

ware and try the homemade hot sauce.

If Groom-Mitchell's, or maybe her better known — Muna G — crowd-pleasing campaigns is successful, she'll open Muna G's Authentic Nigerian Cuisine soon in the Bridle City (the daughter, Bernice, is a recent graduate of SASP's culinary arts program and helps in the kitchen).

Muna G, who was a teacher in Nigeria, and her family (husband Frank and four children) came to Canada as refugees in 1989. After working a range of jobs, which included volunteering at a destination restaurant to learn the ropes, and attending the Prince School of Entrepreneurship, Muna G is ready to share her food.

Repeat a bit of everything from Muna G — from pounded peas and collards to pureed lentil soups with dried shrimp and pepper. Some of her spices come from Nigeria, others from an East Indian grocery store in Saskatoon. And interestingly enough, some of the food has a nuttier taste to Indian curries. Just not all of it — Muna G's food is a

little more adventurous and, I guarantee, is like nothing you've tasted before.

Spiced soup with beef and beef bones is served with what looks similar to mashed potatoes, but it's actually made from cassava tubers.

In my country, women grow it as a source of grain for the family, or plant Muna G of the cassava plant

10 DAY CAR SALE

ONLY AT DILAWRI MITSUBISHI

WEDNESDAY
JULY 23

9:00 AM - 6:00 PM

THURSDAY
JULY 24

9:00 AM - 6:00 PM

FRIDAY
JULY 25

9:00 AM - 6:00 PM

SATURDAY
JULY 26

9:00 AM - 6:00 PM

SUNDAY
JULY 27

9:00 AM - 6:00 PM

TUESDAY
JULY 28

9:00 AM - 6:00 PM

WEDNESDAY
JULY 30

9:00 AM - 6:00 PM

THURSDAY
JULY 31

9:00 AM - 6:00 PM

FRIDAY
AUGUST 1

9:00 AM - 6:00 PM

SATURDAY
AUGUST 2

9:00 AM - 6:00 PM

It's simple:

We show you the actual
invoice & you pay

1% OVER

0%

on new 2014's up to
84 mo.

FREE

LOTTERY TICKETS JUST
FOR COMING IN!

1%

**OVER COST
FACTORY INVOICE**

(JUST ENOUGH TO PAY OUR SALES STAFF)

WE WILL SHOW YOU OUR COST! WHY?

IT'S PLAIN AND SIMPLE. WE NEED TO HIT FACTORY TARGET
AND NEED TO SELL 50 NEW 2014 MITSUBISHI'S IN 10 DAYS!
YES AT 1% ABOVE NET COST!

**0% ON EVERY NEW
MITSUBISHI UP
TO 84 MONTHS!!**

**+ 10 YEAR
FACTORY
WARRANTY**



MITSUBISHI
MIRAGE



MITSUBISHI
RVR



MITSUBISHI
LANCER



MITSUBISHI
OUTLANDER



DILAWRI MITSUBISHI 1750 6th Avenue 306-525-2333 www.dilawrimitsubishi.ca



SHARP EATS



A traditional dish prepared by Soreni Ekhoapa in Nigeria. (c) PHOTO BY TEMIN SOKOLOWSKI



T'Sobin Sopa prepared by Sobei's African Cuisine at Taste of Saskatchewan in Saskatoon. (c) PHOTO BY MICHELLE BOWE

To make the dish, the cassava is first peeled, then washed just through a grinder; then, in a bag. Water is added to extract the starch. As the starch dries, Mama G feels it to ensure the right texture (she likes it quite firm). The cassava is later fried in a big pot and made into a paste.

The resulting texture ranges from waxy (like to a more firm lump. A versatile dish, it can be served with soup or as a side to meat.

With a big smile, Mama G can

share that if you're going to marry a Nigerian man, you had better learn how to make the cassava starch very well. In traditional culture, it seems crack of a woman's worth as a cook is determined by her ability to make the dish.

"If you're a married woman, you have to watch out if you're not making this every day," she says with a hearty laugh.

The aim of Mama G's is to use as much local produce and whole foods

as possible. She's already made a few partnerships with vendors at the Saskatoon Farmers' Market.

"Every single one of the dishes, I guarantee you that they are natural, organic," she says.

That's the only style of cooking she knows. Visit a market in Nigeria and you won't find anything healthy-organic food, fresh from the farmers' fields.

To donate to the campaign, visit www.uniforge.com/usa/search-for



A sampling of Mama G's authentic Nigerian cuisine in Saskatoon. (c) PHOTO BY MICHELLE BOWE



Soreni Ekhoapa in Nigeria prepares a great African lunch buffet. (c) PHOTO BY TEMIN SOKOLOWSKI

Mama G's Authentic Nigerian Cuisine. Her deadline to raise \$60,000 for the restaurant at Sept. 1. She's currently just under the \$40,000 mark. A range of perks from gift cards, to a home cooked meal, are available for contributors. If she doesn't reach the goal, the money raised will be used to bolster her catering service.

Justine@theuniforge.com
Twitter:uniforgeukidney

SELAMETHIOPIA
2715 Broad St.
Rm 201
306-775-3331

SALIA'S AFRICAN CUISINE
901 22nd St. W
Saskatoon
306-933-4447



Next week in QC

Jo-Ann Episkenew, director of the Indigenous Peoples' Health Research Centre, has come a long way since dropping out of high school

Renovation Experts You Can Trust!!



RESIDENTIAL & COMMERCIAL

Carpet • Lino • Tile • Hardwood • Laminate

INSTALLATION GUARANTEED



Experts in Insurance Claims • Complete Renovations

Cabinets • Drywall • Flooring • Doors • Windows • Plumbing & More

(306) 779-2456 1219 Park Street (306) 550-4527

www.ghflooring.com

Regina, SK

ghflooring@shaw.ca

Carpet Cleaning Special **Alpine**

CARPET CARE

\$75.00
Living Room
& Hallway

Expires
July 26th 2014

OTHER SERVICES: Red Rooms starting @ \$95, Area Rugs
Bedroom's (\$20/room), Upholstery, Tile & Grout Cleaning

NO HIDDEN CHARGES or UPSILLS

(306) 543-1750



Todd Lefebvre
Owner/Operator

Vintage Vinyl & Hump Emporium

2335-1716 Ave. REGINA (306) 347-3111 **OPEN**
112 Main St. Moose Jaw (306) 693-2222 7 days a week

- Classic to Modern Records, CDs & Tapes
- T-Shirts • Rock & Tie Dye Hoodies • Vintage Tie Dye Selection
- Hump Products • Humpies • Jewelry • Patchies
- Stickers • Zippos • Wallets • Rock Flags & Accessories
- Pliers & Bangs! bit.ly/vv1 & so much more!



Top \$\$\$ Value for Quality
Records/CDs & Tapes



**STUDENT LOAN DEBT
GETTING YOU DOWN?**
Let BDO help you get on the
road to financial stability

Free and private appointments are available in Regina
Saskatoon and Moose Jaw

To assist in Bankruptcy | Credit Counselling | Proposal
Administration

Regina: (306) 543-3600

Regina: (306) 543-3600

Regina: (306) 543-3600

Regina: (306) 543-3600

Regina: (306) 543-3600

Regina: (306) 543-3600

Regina: (306) 543-3600

Regina: (306) 543-3600

Regina: (306) 543-3600

Regina: (306) 543-3600

Regina office: (306) 543-3600

Saskatoon office: (306) 543-3600

Regina: (306) 543-3600

Regina: (306) 543-3600

Regina: (306) 543-3600

Regina: (306) 543-3600

Regina: (306) 543-3600

Regina: (306) 543-3600

Regina: (306) 543-3600

Regina: (306) 543-3600

BDO

EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

MUSIC

Wednesday, July 23

Wednesday Night Folk: Chad Kichula
Bushwacker, 3256 Gwendray

Wiggle & Wednesday with Lanthier Cobra
McNally's, 3226 Gwendray Ave.

Tofu Straws & Sky
Artful Dodger, 1631 11th Ave.

Thursday, July 24

Brian Tomlinson
Regina Downtown Concert Series
Nico, City Square Plaza

Kenny Ehrlich & Streetheat
Castro Regina Show Lounge
1610 Saskatchewan Dr.

Billy Orrell
The Pump, 661 Victoria Ave. E.

Friday, July 25

Maxwell Meuse, Kristin Drenn, Mimicking Birds
Convention Hall, Cenevis Arts Centre
205 Lakeshore Dr.

Billy Orrell
The Pump, 661 Victoria Ave. E.

Alley 16
McNally's, 3226 Gwendray Ave.

404 Fridays
1675 Toronto St.

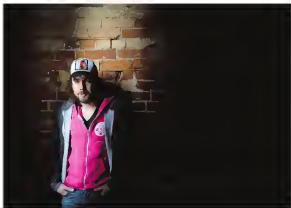
Sacred PUNCH CD release
Artful Dodger, 1631 11th Ave.

in Darkness, Tangent Wall
Oxley's, 1947 Seenth St.

Saturday, July 26

Billy Orrell
The Pump, 661 Victoria Ave. E.

Derry Headround
Bushwacker, 3256 Gwendray Ave.



Kevin Drew/Arts Centre: The Circus Arts Centre. PHOTOGRAPH BY NICKO

Best Gallery: 50 Night
Artful Dodger, 1631 11th Ave.

Sunday, July 27

(Note that we know of
breakfast your nearest
QC@leaderpost.com.)

Monday, July 28

Monday Night Jazz & Blues
Oxton Jazz
Bushwacker, 3256 Gwendray

Weekly Drum Circle
Instruments provided
7:30-9 p.m., The Living Space
Centre, 3016 Dean St. Call
Mike, 306-550-3971.

**Scale the Summit, Glass
Cloud, EBB&A, Reflections,
Measurements**
The Exchange, 3431 Eighth
Ave.

Open Mic
Artful Dodger, 1631 11th Ave.

Tuesday, July 29

**Wax Horse Club, Whimpering
Stems**
Oxley's, 1947 Seenth St.

Music Jam
Artful Dodger, 1631 11th Ave.

VISUAL ART

Oh-Hayiro
Works by Saksatshawan
silkscreen art (Nobel Truck
kiosk)

Until July 26. 3431 Eighth St.

Presence of Place
The Artists of Scott Nicholson
Fine Arts. New exhibitions
quarterly.
Until July 31. Regina Centre

Crossing, 1621 Albert St.

**Stolen Systems: Art for a
Cause**
Until Aug. 3. Saskatchewan
Artist Collective, 2150 Albert St.

**Jeal's: Sonoran All Earth Is
Rural Ground**
Mendel's. Her paintings of
natural materials speak to
our physical and emotional
intimacy with nature.
Until Aug. 25. Art Gallery of
Regina, 161 Saskatchewan St.
Centre, 3431 Eighth St.

Art in Bloom
Works offer a variety of tex-
ture, colour, patterns, and
materials.
Until Aug. 24. Mackenzie Art
Gallery, 3475 Albert St.

Mary Pratt

A five-decade retrospec-
tive which celebrates the
renowned Newfoundland and
Labrador artist
Until Aug. 24. Mackenzie Art
Gallery, 3475 Albert St.

**Emily Ver Dake and Cooper
Battersby: Here is Every-
thing**

Marked by an animated
and subtle work claims to
be speaking to us from the
future, this is a borrowed
reflection on the inevitabil-
ity of death, the existence of
God and the possibility of
redemption. Part of tragedy
Frieze Time.
Until Aug. 27. Dunlop Art
Gallery, Central Media/Stage,
2311 12th Ave.

**Comedy Is Tragedy Plus
Time**

Canadian and International

artists explore the relation-
ship between the tragic and
the comic.
Until Aug. 27. Dunlop Gallery,
RPL Central Branch, 2311 12th
Ave. AND Dunlop Gallery, RPL
Sherwood Village Branch,
5121 Redside Blvd.

Not Over You
Mark Climbings work uses
text-based forms of public
address. The phrase "not
over you" looms over the
building and over the in-
dividuals that pass through
its doors, a clever pun on
the distance between the
physical and emotional
spaces we simultaneously
occupy.
Until Aug. 27. Central Library,
2311 12th Ave.

**Best Nations Art, Hip Hop
and Aboriginal Culture**
Various artists juxtapose
urban youth culture with
Aboriginal identity to create
innovative and unexpected
new works — in painting,
sculpture, installation, per-
formance and video — that
reflect the current realities of
Aboriginal peoples today.
Until Sept. 7. Mackenzie Art
Gallery, 3475 Albert St.

Amisboke Gallery
2016 Seenth St.
Open Tuesday to Friday, 10
a.m.-5:30 p.m., Saturday 10
a.m.-5 p.m.

Mynteria Gallery
2016 Seenth St.
Open Tuesday to Saturday, 10
a.m.-5:30 p.m.

Nordal Ground
#232-3535 Seenth St.
Open Tuesday to Saturday, 10
a.m.-5 p.m.

Cultural Gift and Fine Arts
Oil and ink paintings by
Chinese artists Lingtao Jiang
and Huiyi Tian
2312 Seenth St. Open Monday
to Saturday, 10 a.m.-5 p.m.

EVENTS



You have a few more days to check out CR Her Do at SLAM. The exhibition of works by Robert Tuckwell opens on July 26.

TALE Contemporary Gallery
1621 11th Ave
Open daily 11 a.m.-6 p.m.

COMEDY

Comedy
Artful Dodger, 1530 11th Ave

The Leash Shop
Live standup every Saturday
8:30 p.m. Kinade Hotel, 1110 Victoria Ave.

The Tabbies
The Last Ambassador Live
comedy for less-than-excellent models hosted by comedian Jaymie Pfeiffer
Pfeiffer with a donation to the Regina Food Bank.
July 26, 7 p.m. RRL Film Theatre, 330 12th Ave.

PERFORMANCE

The Trial of Louis
July 23, 24, 25, 7:30 p.m.
Sheddozer Theatre, Museum of Art Gallery, 3475 Albert St.

How to Give Feedback
workshop for poets and performers
Every Thursday, 7-9 a.m.
Creative City Centre, 1844 Hamilton St.

DANCING

Salsa on the Plaza with Regina Salsos
July 24, 7-11 p.m.
City Square Plaza

One Type Born Dance
Featuring a cash bar and

10-30 lunch. Live music by Ron and Sandra Kudacki
July 26, 8 p.m. - midnight
Marble Bell Inn in Indian Head.

Retro Dance Party
Every Sunday
Ministry 5, 2226 Dewdney Ave.

The Flightless
Monthly Old Time Dance Party
July 28, 7 p.m.
Café Regina Show Lounge
1840 Saskatchewan Dr.

FOR FAMILIES

Stairs and Strollers
Wednesday, 1 p.m.
Chaplin Odeon Southland Mall, 3025 Gordon Rd.

Bake & Difference

Children bullying the tough looking, spread kindness with a cookie.
Wednesday, 5-7 p.m.
Sweet Ambrosia Bake Shoppe,
230 Winnipeg St. M.

Cinema Under the Stars
Bring your own blankets, chairs, etc., for a family-friendly film screening. Children's music and activities before the film, which screens at dusk.
Wednesday, 8 p.m.
Victoria Park, downtown

Drop-In Indoor Playground
Friday, 9-11:45 a.m.
South Leisure Centre, 110 Sunset Dr.

Mom and Not-Saved Meetings
Hosted by Kate Murray, 308-218-2131.
Friday, 10-11:30 a.m. Early Learning Family Centre, Scott Collegiate, 3350 7th Ave.

Build and Grow Clinics
build a special feature project.
For children ages 5 and up.
Saturdays, 10 a.m.
Lewes, 4350 Gordon Rd.

Midnight Kids Club
Saturdays, 10 a.m.-noon
2008 Prince of Wales Dr.

Poetry Poesies Pines
Enjoy a favourite line for just \$2.50
Saturdays, 11 a.m. Galaxy Cinema, 420 McCarthy Blvd. N.

Family activities
Saturday and Sunday, 2 p.m.
Audrey Foster Botanical Centre, 2993 Powerhouse Dr.

Family Studio Sundays
Sunday, 2-4 p.m.
McKenzie Art Gallery, 3475 Albert St.

Parent and Preschooler Juggle Day
Monday, 9:30-11 a.m.
Allotree Family Wellness Centre, 440 16th Ave.

Exploration Days in the Park for Kids
Crafts and Activities with Regina Public Library-Central Children's Library. For kids ages 3 to 7. Call 308-338-3547 to register.
July 25, 9:30-10:30 a.m., Victoria Park.

Mom's Morning Out
3300 Avonhurst Dr., avonhurstsocial.net

Mothers of Pre-Schoolers (MOPS)
Powerhouse Park Alliance Church, mops@rosewood-park.ca

Regina Newcomers Club
reginaneucomersclub@gmail.com

Time Out For Parents
Allotree Family Wellness Centre, 3310 Unkay St., 308-125-4949, a@pawcentral.net

Y's Women Group
YMCA, 2420 13th Ave., 308-757-9822

YWCA Begins
1640 McIntyre St., 308-526-2141

MUSEUMS

Alis Youth School Museum
1800 Fourth Ave
Tour by appointment only
(308-333-3000)

Civic Museum of Regina
1375 Broad St.
Tuesday-Friday 10 a.m.-4 p.m.
Saturday noon-5 p.m. Closed Sunday and Monday

Government House Museum & Heritage Property
4687 Dewdney Ave.
9 a.m. to 5 p.m. daily

RCMP Heritage Centre
5807 Dewdney Ave.
Open 10 a.m.-6 p.m. daily

Regina Firefighters Museum
1245 Ross Ave.

Stairs by appointment (308-777-7142).

Royal Saskatchewan Museum
2445 Albert St.
Open 9:30 a.m.-5 p.m. daily

Saskatchewan Military Museum
1800 McIntyre St.
Open Monday and Thursday 7-9 p.m., or by appointment (308-367-9349).

Saskatchewan Science Centre
2923 Powerhouse Dr.
Tuesday-Friday 9 a.m.-5 p.m.
Saturday-Sunday and holidays noon-5 p.m.
Closed Mondays.

Saskatchewan Sports Hall of Fame
2205 Victoria Ave.
Monday-Friday 10 a.m.-6:30 p.m.
Saturday noon-5 p.m.
Closed Sunday.

OTHER HAPPENINGS

North American Indigenous Games
Until July 27. Various venues around Regina. Visit na2014game.com for more info.

Regina Farmers' Market
Wednesday and Saturday, 9 a.m.-1 p.m.
City Square Plaza, downtown

Words in the Park
Hosted by Saskatchewan Writers' Guild
July 23, noon-1 p.m.
Victoria Park, downtown

Sunshine and Salutatorials
Join in the Park with Rega Mase
July 23, noon-1 p.m.
Victoria Park, downtown

RCMP Sergeant Major's Dance
Wednesday, 12:45 p.m.
RCMP Depot Division, 5605 18th Ave.

EVENTS

Yoga Party

Hosted by Earth Tree Yoga
July 23, 9-11 p.m.
Victoria Park, downtown

Sapak Takeover in the Park

Hosted by Sapak Takeover Association of Saakotcheewen
July 22, 6:30-10:30 p.m.
Victoria Park, downtown

**Art in the Park with the Dum
Jam Art Gallery**
Join Dum Jam Art gallery for a
different art activity each
week. July 23, noon-3:30 p.m.
Victoria Park

**Metromen's Mad Extreme
gym**

July 23, 4 p.m.-1 a.m.
July 26, 11 a.m.-1 p.m.
July 27, 11 a.m.-6 p.m.
Two miles southeast of Esquimalt,
visit www.metromen.com
for directions and more info

Regina Red Sox vs. Wayburn

July 23, 7 p.m., Currie Field

Saturday Morning Yoga

Hosted by Yoga Males
July 26, 11 a.m.-noon
Victoria Park

Culture on the Plaza

Regina Multicultural Council
presents dance and performance
July 26, noon-1 p.m.
City Square Plaza

CHL Cones!!

Fundraiser for Athletes
Against Bullying
July 26, noon-3 p.m.
Centennial Neighborhood
Centre, 2950 13th Ave

Regina Red Sox vs. Esquimaux

July 26, 7 p.m., Currie Field

**Beakotcheewen Roundabouts
vs. Saakotcheewen Roundabouts**

July 26, 8 p.m.
Mosaic Stadium

Tai Chi in the Park

Hosted by Regina Tai Chi Tai Chi Society
July 30, 10-11 a.m., Victoria Park



The *Activists Against Bullying* chef cooks on Saturday as a busy time for a good cause. (VC PHOTO BY MICHELLE TEE)

A Mid-Summer Garden Tour

July 27, 12:30-5:30 p.m.
Tickets will be available at the
Cameron Club, 1277 St. John St.
(306-352-5897) or call Alvin
(306-352-5141) for more info

Heritage Regina Walk

Old Levee Walk
July 27, 4 p.m.
Meet guide Jackie Schmidt on
the steps of the Legislature
Building, 240 S. Legislative Dr.

Music & Peace T-shirt

Sunday, 8:30 p.m.
O'Keefe's, 3941 Scarth St.

Climb out of the Darkness

Raising awareness of postpartum
depression and anxiety
July 28, 11:30 a.m.
Mount Pleasant Park hill, 700
Winnipeg St. W.

One Golf in the Park

July 28, noon-1 p.m., Victoria
Park

Regina Red Sox vs. Wayburn

July 28, 7 p.m., Currie Field

Chess in the Park

Chess games and lessons
July 29, 11 a.m.-2 p.m.
Victoria Park

Ultimate Frisbee Drop-In

July 29, noon-1 p.m., Victoria
Park

**Wineberry Social with
restaurant guest Dora Lee**

July 29, noon
City Square Plaza

Golfers' Day Challenge

Drop-in gathering of board
game enthusiasts
Every Tuesday 6 p.m.-mid-
night
Roston Plaza, 545 Albert St. N.

**RCMP Sunset Street Cerem-
ony**

Each colourful 60-minute
ceremony includes the re-

ing of the crown, a troop
and displays, the lowering of
the flag with the playing of
military music, followed by the
March Past.
July 29, 6:30 p.m.
RCMP "Detachment, 5507
Dowdney Ave.

Queen City Art Parade

July 29, 7 p.m.
Starts at Cameron Street/
Dowdney Avenue, ends at
Tuxton Corridor Club, 1484
Broadway Ave.

FILM**The Double**

Drama
Office drone Simon Jones
(Jesse Eisenberg) finds his
untenable life takes a turn for
the horrific with the arrival of
a new co-worker who is both
his exact opposite and his
opposite — a confident,
charismatic and seductive

Silent Retreat

Horror/Thriller
For her crime of assault, Jenny
is sent to a five-month
retreat in the woods. She
realizes the men who ran
the retreat are breathtaking
women and something else is
hiding beyond the trees.

Regina Public Library Theatre
2311 12th Ave., 306-777-8024
...

Flight of the Butterflies

Documentary
Join hundreds of millions of
butterflies on an amazing
journey to a remote habitat
in the mountains of Mexico.

Kenya's Animal Kingdom

Documentary
Discover Kenya's famous
fauna in their natural habitat
including the Big Five — lions,
African elephants, Cape buffalo,
leopards and black rhinos
— and giraffes, hippos and

cheetahs. Meet two fearless
young Maasai and follow them
on their blood hunt.

Island of Linnam: Hadesgator

Documentary
Join a scientist Patricia Wright
on her lifelong mission to help
endangered alligators survive in
the modern world. Narrated
by Morgan Freeman.

Korner Inn
2602 Powerhouse Dr.
306-522-4529

NEW MOVIES**Hercules**

Action

Hercules (Dwayne Johnson)
has become a mercenary
when the ruler of Thebes and
his daughter seek Hercules
to help to defeat a savage
warlord. Hercules must once
again become the hero he was
and embrace his own myth.

Lucy

Action

A woman (Scarlett Johans-
son) is accidentally caught
in a dark deal and turns
the tables on her captors,
transforming into a merciless
warrior evolved beyond her
human logic.

My Mom is a Loner

Comedy

Two married friends employ
a playboy to help them get
their mojo back and save their
marriages.

Galaxy Christmas

420 McCarley Blvd. W.
306-522-5056

Chaplin: Odeon

Southland Mall Cinema
3075 Gordon Rd., 306-585-
3343

Random Cinema

Golden Mile Shopping Centre
205-6 Albert St., 306-359-5250

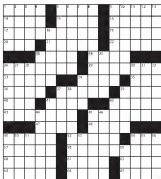
Event listings are either community
events or listed by DR. Listings will be
printed at owner's request.

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Some goddess
5 Part of a kitchen
10 Inevitable result
16 Checkered procedures
18 Black-bordered town
19 High-flying return
20 Inside toilet
27 2001 best seller about
competitive baseball
30 Scavenger's helper
36 Photo with President
41 Brief path
48 Try this
52 Without _____ (nearly)
54 Into parts of atoms
56 Japanese "soft suit"
(two opening scores of
60 points)
58 Rounds of commerce
(from opening score of
60 points)
62 Where we have
"brown" and "brown"
64 Pickaxe
69 Author Lynd
70 Captain's team
74
77 Very busy
79 Good to the point
Downing
80 (Referred to) in
arts
81 Quark's place
82 Motion in a sign up
83 Books except one
(two opening scores of
64 points)
85 One off in view (great
opening score of 64
points)
87 Even they may be
doing
89 In the back of
90 Cowardly item
92 Column side
94 Another place
97 Wonderland solo
100
101 You've liked to
play 26, 29, 42 or
55 (2 words)
102 Common football
103 Henson's best friend
104 C.L.U. part, ABC
105 Inevitable outcomes



84 Not a part
85 Queens (word)

DOWN

- 1 Not a part
2 Light switch
3 Goddess's team
4 Foundation
5 Room, older
6 To be aware
7 1914 Monocle
8 When English women
to find "Touch the
Word"
9 One-handed sugar
when men of Hindi
sugar
10 Fun house notes
11 Part of a line

- 12 In a crime
13 "_____ problem"
14 Former Air Force
"heat" members for
shred
15 Party table item
16 What notes put in
17 Age before a
rounding date
18 Stomach item
19 On the observation
clock, day
20 Volkswagen model
2000-2007
21 Woodcock-like bird
22 Sweet thing in
product name
23 Full and then some
24 Has to do with
25 Editor's device

PUZZLE BY KIM DUBOIS

- 26 "It could happen"
27 One word
28 Cousins of
rhododendrons
29 Soldier's ending
30 Map by an online map
31 Setting of a book
32 What a police
33 How a book
34 "Mouth"
35 "Mouth"
36 "Mouth"
37 "Mouth"
38 "Mouth"
39 "Mouth"
40 "Mouth"
41 "Mouth"
42 "Mouth"
43 "Mouth"
44 "Mouth"
45 "Mouth"
46 "Mouth"
47 "Mouth"
48 "Mouth"
49 "Mouth"
50 "Mouth"
51 "Mouth"
52 "Mouth"
53 "Mouth"
54 "Mouth"
55 "Mouth"
56 "Mouth"
57 "Mouth"
58 "Mouth"
59 "Mouth"
60 "Mouth"
61 "Mouth"
62 "Mouth"
63 "Mouth"
64 "Mouth"
65 "Mouth"
66 "Mouth"
67 "Mouth"
68 "Mouth"
69 "Mouth"
70 "Mouth"
71 "Mouth"
72 "Mouth"
73 "Mouth"
74 "Mouth"
75 "Mouth"
76 "Mouth"
77 "Mouth"
78 "Mouth"
79 "Mouth"
80 "Mouth"
81 "Mouth"
82 "Mouth"
83 "Mouth"
84 "Mouth"
85 "Mouth"

#JANBIC
CLASSIC
SUDOKU

Level: Bronze

Fill in the blank cells
using numbers 1 to 9.
Each number can appear
only once in each
row, column and 3x3
block. Use logic and
process of elimination
to solve the puzzle.
The difficulty level
varies from Bronze
(easiest) to Silver
to Gold (hardest).



Solution to the
crossword puzzle and
the Sudoku can be
found on Page 23

THE COPPER KETTLE
BEST BUSINESS SPECIAL OCCASION DATE NIGHT

You Fill In The Rest!

CK PIZZA Dine with **COPPER KETTLE**

1953 Scarth St. 306-525-3545

MUTCHMOR LODGE

Seniors Live for Less
A safe comfortable
environment including:

- Suites and individual rooms
- 3 Nutritious meals and snacks served daily
- Assigned dining room seating
- Light housekeeping daily
- Weekly bus linen charges
- Staff on-site 24 hours a day
- Planned daily recreation
- Power, heat, water included
- Wheelchair accessible

Units available now As low as \$1,352.00 per month

Visit us at:
328 Century Crescent
Regina, SK S4T 6M1
Phone: 306-352-8034 Fax: 306-522-7119
Email: mutchmor@asktel.net www.mutchmorlodge.com

MUSIC

FOLLOW QC ONLINE at leaderpost.com/QC, on Twitter @QCRegina and at Facebook.com/QCRegina

SASKATCHEWAN MUSIC SCENE

Keeping the blues fire burning

By Sean Trembath

Whiskey Blues plays the blues but that doesn't mean he won't venture into other genres.

"I have trouble colouring inside the lines," says Moose Jaw blues musician Richard Libby, who has been performing as Whiskey Blues for over a decade.

While primarily a blues man, Libby incorporates rock, reggae and more into his music. He says that in the early days of the blues, people wouldn't have worried so much about classification.

"The whole idea of genres didn't exist until record companies and radio stations got into the act," he says.

In the past 15 years performing in Saskatchewan, Libby has seen venues come and go. He says that the difficulty of making a living on the road.

"It's really tough. A lot of venues that I was regularly playing have either changed their music policies or disappeared. For years I played the Matrix in Regina about every six weeks. Now it's a parking lot waiting to be some a venue."

Libby got into the blues as a young child. In Moose Jaw thanks to his father's extensive record collection. His dad even took him to see Louis Armstrong while Libby was still singing, an experience Libby still savours.

"I was right there. That's what I want to do," he says.

At 14 he picked up an acoustic guitar. He was singing and writing songs, but was still more of a streamer. It was only once he tried strutting his first band that he slid into the lead guitar role.

"I had an incredible time finding guitar players I liked playing with. Finally I just said to hell with it, if I can't find a guitar player, I'll make one," Libby says.

His work passion took him to the Berklee College of Music in Boston, which was founded in 1945 and claims to be the first American school to formally teach jazz. Libby recalls his time there fondly. It was the 1970s. Although the instructors were professionals, and some had toured with jazz giants, there was a camaraderie between teacher and pupil.

"There was a feeling that everybody there was a musician, and because you were there, you were treated with respect," he says.

Over the years he has played in several bands. In Toronto in the '80s he band Ditty



Moose Jaw blues musician Richard Libby got into the blues as a child in Moose Jaw thanks to his father.

Moose Jaw the slow wave of the time, inspired by bands like The Clash. Libby says that ska and punk have more in common with the blues than you might think.

"It got the same sort of message and the same sort of emotional honesty," he says.

He came back to Moose Jaw in the early 2000s, when he was working on a book about

the city's history. At that time, his most recent band had been called Antonette Siles. Once the book was done he decided to get back on stage.

MUSIC



Maurice Jr. and Lolita have been performing at Whiteboy Slim for over a decade. PHOTO COURTESY CAROL L. COX

He came back to Moose Jaw in the early 2000s when he was working on a book about the city's history. At that time, his most recent band had been called Jackson & Slim. Once the book was done he decided to get back onstage.

"I was just going to revive Automatic Slim, but I Googled it, and there were about eight bands around the world with that name," he says, laughing.

His current name was inspired by a conversation he saw on an online message board. They were debating whether a white guy can truly play the blues.

"I've been justing up with that ever since I first started. I got so mad I said, 'Well, I'm calling it Whiteboy Slim. It was a direct comment on that,'" he says.

He has never looked back. His backing band changed a few times, but he and current bassist Decker Sawyer have been touring as a two-piece for more than three years. Sawyer plays drums with his feet along with the bass, and Lobby sits on in some harmonica.

Although they'll head out of province some times — including a recent trip to the North by Northern Route 66 in Toronto — Saskatchewan is Lobby's home and home.

"We've kind of made a specialty out of playing small towns in Southern Saskatchewan," he says.

He's Regina and Saskatoon several times a year. On Aug. 3 he is scheduled to play three gigs in Saskatoon in one day: at Lawson Heights Mall, Kibbitt and a house concert.

"The logistics of doing more than one gig in a day are kind of tricky," he says.

His next Regina gig is scheduled for Sept. 25 at Broadway Lounge. He'll play songs from his latest album, Don't Ward Here," a two-disc outing split between more traditional blues and the other genres he likes to explore.

With some of the blues venues he used to frequent no longer around, Lobby is always on the lookout for new spots. He hopes that with enough hard work by him and others, the blues can re-establish a strong foothold in the Saskatchewan scene.

There are a lot of blues fans around here. The problem is, now a lot of the blues places are gone, and there's no real central place they can come to. When I played the Platters it was great because it was the home of the Blues. We didn't even have to advertise."

Collette van der Horst

Bringing you a Taste of Paris...



Marokena
crêpe café

FOR BREAKFAST, LUNCH, SUPPER OR DESSERT

5950 Rochdale Blvd.

(306) 352-7373

**REWARDS
FOR YOU!**

when you license your pet.

GREAT SAVINGS

are awaiting you when you visit



City of Regina | REGINA

LEADERPOST

AA's PIZZA PARLOR AND KITCHEN

RAJAL PIZZA IN REGINA

2 Slices + 1 POP \$4.99

PIZZA STARTING FROM \$4.99

Chicken, Beef, Goat & Lamb Biryani

Oven Baked Chicken

Order Now 306.205.3968

100% Rajal Pepperoni Prepared By MOHAMMAD HUSSEIN & RAJAL MEAT STORE

322 Victoria Ave. Regina, SK, S4H 0R1

OUTSIDE THE LINES

Colouring contest

Each week artist Stephanie McKay creates a family illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to leadpost@leadpost.com.

One winner will be chosen each week.

Please send **high-resolution pictures** and include the child's name and contact information.



Last week's OC colouring contest winner was **Brooklyn Sigalchen**. Congratulations! Thank to all for your colourful submissions. Try again this week!

WINE WORLD

SASKATCHEWAN WINE SCENE

Verdicchio equally perfect for highbrow and lowbrow

By James Romanow

Seemed an *Scavenger*? Miffed at *Mascots*? May be that's God's way of telling you to try something different. Seriously how much Pinot Gris you can see wines drink? The world is wide and it would be a pity to be without having tasted more of it, right now?

Verdicchio is a grape indigenous (probably — in genetic history certainly is rare) of the Marche region of Italy, a coastal province that once was an agricultural province a bit north east of Rome. Near as anyone can tell, it is yet another descendant of the Greek varietals imported from Greece more than 2,000 years ago. It shares a common ancestry with the Trebbiano grape, a wine largely ignored by those of *De Wit* fame during

Once the rigour applied modern technology more or less after 1970, each state became ridiculous. The wine is quite a pale yellow with a great citrus floral bouquet and lemon like flavours, a dry attack, tremendously pleasant and a nice bitter almond finish.

Such a wine can be paired with a very wide variety of foods from a Greek salad to fried fish, to deep fried calamari, to chicken breast and over chicken. It is also a fantastic wine to sip out of glass tumblers in the hot midday sun, to the gas station and overlooking the docks, the one with the date always selling



used cellphones. Highbrow, lowbrow the choice is yours.

You won't find Verdicchio in most liquor stores unless the owner is from the Marche. I watch for it in liquor stores. The one I found here I found in the Co-op wine store in Saskatoon. (Whoever is choosing wines there has a great palate.)

Stefano Mancinelli, Verdicchio dei Castelli di Jesi, Italy 2006 \$22.95 ***
Scan QR code in Monday's paper and of course on Twitter @jromanow

Crossword/Sudoku answers

TOM	VEST	SCANS
ORIT	AREA	HOBOS
WORD	FRAN	RHETT
NEO	ALICE	LOTAS
ANET	SEER	
JUJITSU	TSKTSKS	
OPERA	GETS	IRA
ATT	SPEND	POET
DOT	ATOM	PLUM
SPAZZES	XEROXYD	
GATS	AMID	
SPOOT	IONIC	LAP
EATME	BLANK	TIKE
ATRIA	LDOO	AMER
MEANS	YOUR	MOST

1	3	7	9	8	2	6	5	4
6	9	5	4	1	3	2	7	8
8	2	4	6	7	5	3	1	9
7	4	2	8	5	9	1	3	6
5	8	9	1	3	6	7	4	2
3	6	1	2	4	7	9	8	5
9	5	3	7	2	8	4	6	1
4	7	6	5	9	1	8	2	3
2	1	8	3	6	4	5	9	7

Thank you, Regina.

We are proud to deliver the content you trust in print; online on your desktop, tablet and smartphone; and through social channels as part of your day.

With 127,000* readers each week, we have continued to evolve as part of this community for more than 130 years.



*Source: NABERS 2013, print with printings: 100,000 Regina DMA Adults 18+

IF YOU'RE A
PRINT SUBSCRIBER,
ACTIVATE YOUR
DIGITAL ACCESS
FOR FREE



Activate your digital access at leaderpost.com/activate

HIT YET A
SUBSCRIBER?
SUBSCRIBE
TODAY.



Subscribe today at leaderpost.com/subscribe

LEADER-POST

© 2014 News & Media Inc. All rights reserved. No part of this publication may be reproduced without permission.



Presented by
Mosaic

thequeencityex.com



JULY 30 - AUGUST 3

THE CANADIAN
LIVE STAND



LAST CHANCE TO PURCHASE

ADVANCE DAYTRIPPERS & GATE PASS
PURCHASE YOUR ADVANCE PASS AND SAVE \$15/PASS

ON SALE AT

SAFEWAY



Sherwood

NEW THIS YEAR BUY YOUR PASSES ONLINE
VISIT OUR WEBSITE FOR MORE DETAILS

QCA Entertainment Featuring Splash 'N' Boots, Wayne Lee, Saskatchewan Express, Little Ray's Reptile Zoo, #1ip Show, and much more

